

GARFIELD HEIGHTS SENIOR CENTER

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244

Open Monday-Thursday — 9:00a.m.—2:00 p.m.

SENIOR HI-LITES

June 2022

CITY OF GARFIELD HEIGHTS
Mayor, Matt Burke

Ward 1 Councilperson — Stacey Collier Ward 4 Councilperson — Avery M. Johnson
Ward 2 Councilperson — Charles Donahue Jr. Ward 5 Councilperson — Jason X. Blake
Ward 3 Councilperson — Jason D. Seither Ward 6 Councilperson — Clifford Kelley Jr.
Ward 7 Councilperson — Tom Vaughn



RECREATION/SENIOR CENTER DIRECTOR:

Paul Birk.....216-475-3244

SENIOR CENTER MANAGER

Joe Snyder.....216-475-3244

ACTIVITIES COORDINATOR:

Carolyn Lockett.....216-475-3244

CLERICAL SUPPORT II:

Laketa Gaston.....216-475-3244

ADMINISTRATIVE ASSISTANT:

Jennifer Sopkovich.....216-475-3244

STAFF:

Diane Coon.....Kitchen Aide
Ralph Redmon.....Meals Driver
Angelo Musarra.....Bus Driver
Larry Speights.....Bus Driver
Bob Hejl.....Bus Driver

MISSION STATEMENT:

The mission of the Garfield Heights Senior Center is to provide information and a range of services, activities and volunteer opportunities, which promote personal growth, health, friendship and independence for older persons.

POLICY STATEMENT:

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color national origin or handicap.

“Funded(in part) by a Title III grant under the Older American Act, administered by the Ohio Department of Aging through the (AAA).”

SUGGESTED DONATION FOR CONGREGATE AND HOME DELIVERED LUNCH \$1.25

ALL BUS RIDERS MUST USE SEAT BELTS AT ALL TIME. IT IS THE LAW!!!



Last Month



- Mayor Burke's monthly visit with the seniors addressed future infrastructure improvements, safety improvements, pending new businesses
- The Line Dance class performed for hundreds during a Senior's Mothers Day Luncheon at the Beachwood Embassy Suites
- The Paint & Sip event sponsored by The Heights was well received. Participants sipped on cranberry and apple juice, with their cheese, crackers and fruit while recreating the fruit bowl centerpiece on display
- Sponsors for the 2022 Mind Challenge Trivia Tournament competition visited to form Senior Center teams and pass out T-shirts to participants
- Cardio Drumming began with the majority of seniors participating
- The Wii Bowling League spring session was completed
- Karaoke was introduced to a lively group of participants
- Gratitude is extended to our supportive Senior Center sponsors:
 - Dedicated Seniors for the Health check presentation and smoothies in addition to 4th Tuesday BINGO prize donations
 - Oak Street Health for the May birthdays recognition
 - The Heights for the Paint & Sip event and the 1st and 3rd Tuesdays BINGO prize donations
 - Marymount place for the 2nd Tuesday BINGO prize donations



From the desk of Senior Center Manager, Joe Snyder

Happy Sunshine everyone! We were lucky enough to get some really beautiful, bright, sunny days during the month of May, so I hope everyone is looking forward to even more as we move into June and the Summer season! I want everyone to make sure they spend some time outside every week, as it is great for both the body and mind! May also brought us a wonderful Mother's Day celebration, complete with, a performance from some of the line dancers and daisies for all of the women in the Center. We also enjoyed a day of Paint & Sip which I think revealed some real secret Picasso's here in our midst! I can't wait to see what the rest of the season has in store for us and I hope that everyone has a wonderful Summer!



POST OFFICE ON WHEELS

**Tuesday, June 28th@9:40-10:00a.m.
Purchase stamps/money orders/packageing
supplies.**

Mail letters and packages.



Costs for Transportation

The following are fees for bus transportation:

- Senior Center—\$0.25-round trip**
- Medical Trips—\$2.00-round trip**
- Trips & Errands-\$3.00-round trip
(e.g. Field Trips, Bank, Pharmacy, Grocery)**

**2022 Mind Challenge
Trivia Tournament**

On May 19, 2022 our site was visited by representatives of the Mind Challenge Trivia Tournament to assist with formulating our teams and distribute T-shirts for the upcoming event.

Representing our Garfield Heights Senior Center are the following two teams:

- | | |
|-----------------------|----------------------|
| Greg Rowinsky, Capt. | Jim Stoneking, Capt. |
| Lydia Debelak | Alan Becka |
| Shirley Rozmarynowski | Veronica Watson |
| Cheryl Pavlek | Paulette Williams |
| Kathy Rowinsky | Jimmy Williams |
| Barb Kozma | Vernard Jones |
| | Carolyn Lockett |

Elimination rounds begin Friday, May 27th at Bedford Heights Community Center.

Cheer our teams to victory as they represent our center.

Trivia for All

We plan to continue with the weekly trivia challenges. Come exercise your mind in a fun filled, brain teasing, moral boosting atmosphere on Wednesdays at 9:30am. Bring your ipad, android, tablet or cellphone to download **KAHOOT** to be set up to enjoy and play the games.



QUIZ TIME



JUNE 2022 EVENTS

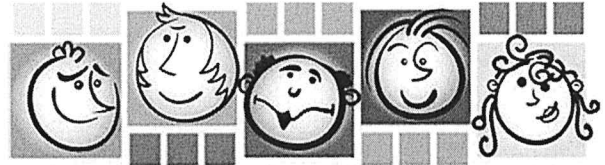
MORNING BREAK WITH MAYOR BURKE

The May morning meeting with Mayor Burke included discussions on the following:

- * Commencement of street repairs
- * The Performing Arts Center renovation is almost complete and will soon be open for seniors to attend events
- * A new Goodwill facility is coming to Highland Park
- * Towpath Trail will connect to varying local parks including Garfield Park and extending to the Westside
- * Improvements to Turney Rd are currently underway
- * Many improvements for the safety of Garfield Hts residents are being instituted

The seniors next monthly meeting with Mayor Burke will be held on Wednesday, June 8, 2022 at 10:00 a.m. in the dining room. He will openly discuss and update us on activities taking place throughout the city.

SITE COUNCIL



MEETING

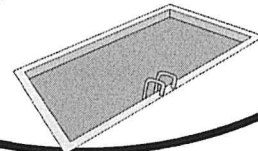
The Site Council did not meet in May.

The next Site Council scheduled meeting is June 14 2022 at 10:00 a.m. in Rm 118.

Shirley Rozmarynowski - Council President



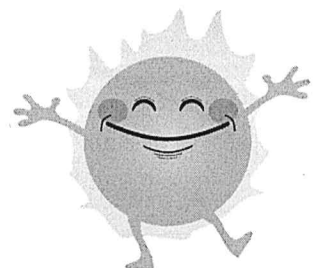
Wednesday, June 15,
2022@12:45pm water exercise
sessions will be instructor led at
the Rec Center pool area.
Sessions will continue until pool
area closes.



KARAOKE



Sopranos-Altos-Tenors-Bass
Lend your talents to the Karaoke
afternoons Wednesdays@12:30pm



JUNE 2022 EVENTS

Friday Shopping

June 3rd-----Giant Eagle
 June 10th-----Drug Mart
 June 17th-----Marcs
 June 24th-----Daves

Our bus will transport you to local shopping venues.
 Sign up with Ketia
 Transportation cost \$3.00

MONTHLY FOOD PANTRY

Wednesday, June 15, 2022
 1:00—2:00 p.m.



Feeding the Community

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OAK STREET HEALTH



The Village at Marymount

Marine Air Place • Villa St. Joseph
 A Community Center

THE HEIGHTS

REHABILITATION & HEALTHCARE CENTER



Dedicated Senior Medical Center
 A CHENMED COMPANY

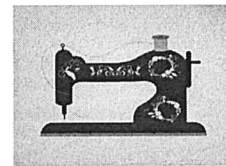
**W
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CRAFT ROOM

Shop for unique, handmade gifts and cards for all occasions.

GRADUATION
 WEDDINGS
 FATHER'S DAY
 PROM
 BIRTHDAY
 BABY SHOWER

Visit us from 9:00am-2:00pm
 Mon-Thurs

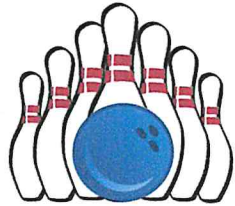


ALL ITEMS CREATED ARE FOR SALE
 AND PROCEEDS BENEFIT OUR SENIOR
 CENTER ACTIVITIES AND PROGRAMS



JUNE 2022 EVENTS

Wii Bowling Summer League



The summer Wii Bowling League session will begin Wednesday, June 22, 2022 and end on Wednesday August 31, 2022,
Monday or Wednesday at 9:00am is the time to bowl.
The weekly fee is \$2.00 per person
Teams of 2 are forming now. Sign up with Carolyn

Chair Volleyball is here!

Chair volleyball competition will begin Thursday, June 2, 2022 at 12:30pm.
Join others as you sit and hit the beach/volleyball over the net to score on your opponents.
Great way to secretly get in a good body workout while having low impact fun.



\$2.00 Spaghetti Dinner

On Tuesday, June 7, 2022, the Senior Center Staff will prepare a delicious spaghetti meal for area seniors.
Spaghetti sauces will be with or without meat and dinner will include green beans and bread.



Flag Day Hot Dog Day

Oak Street Health is sponsoring grilled hot dogs to commemorate Flag Day on June 14, 2022. Join the fun, prizes and surprises.



Jack Thistledown Racino

Sign up for an early afternoon at the Racino.
Tuesdays are the 50+ Prime Players drawings every 30 minutes 2 names are drawn.

Horse racing begins at 12:50pm.
\$2.00 transportation fee if you choose to take the van

JUNE HOLIDAYS

Flag Day

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that “the flag of the United States be 13 stripes, alternate red and white,” and that “the union be 13 stars, white in a blue field, representing a new constellation.” In 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.

Juneteenth

Juneteenth National Independence Day and also known as **Jubilee Day**, **Emancipation Day**, **Freedom Day**, and **Black Independence Day** is a federal holiday in the United States commemorating the emancipation of enslaved African-Americans. It is also often observed for celebrating African-American culture. Originating in Galveston, Texas, it has been celebrated annually on June 19.

Father's Day

Father's Day is a holiday of honoring fatherhood and paternal bonds, as well as the influence of fathers in society. In the United States, Father's Day was founded by Sonora Smart Dodd and celebrated on the third Sunday of June for the first time in 1910.



Download from
Dressstime.com

HAPPY BIRTHDAY

Debra Rice 6-1
Ernestine Northern 6-7
Lydia Debelak 6-9
Laverne Oglio 6-9
Daniel Shelton 6-10
Mary Lee Radke 6-12

The June Happy Birthday
Celebration will be held on
Thursday, June 23rd@12:30pm

OAK STREET HEALTH WILL
SPONSOR THE ACTIVITIES.



JUNE 2022 EVENTS



Sponsored by **THE HEIGHTS**

1st & 3rd Tuesdays

Sponsored by **MARYMOUNT PLACE**

2nd Tuesday

Sponsored by **DEDICATED SENIORS**

4th & 5th Tuesdays

Games begin at 12:30pm.

1st board free, additional boards \$.25

Spiritual Music Time

Allow the spirit to move, soothe and encourage you as you listen, reminisce, hum or sing to songs that bring joy, peace and an uplifted spirit to the beginning of your day.

Join others in room 101 on Thursday mornings 9:30-10:00.



Accumulate points towards an end of year Volunteer Awards Celebration by assisting with varying activities throughout the Senior Center. Sign up at the registration table to assist with game set up; morning registration; lunch room set up; kitchen assistance; trivia game creation; and several other activities. Check out the daily sign up sheets and the opportunities offered. Assignments are on a first come first served basis.

Many have already stepped up and undertaken several responsibilities.

There's plenty for all to do.

See Jenn Sopkovich with questions or clarification.



The Wii Bowling Spring League has completed this session. The awards presentation event will be held on Monday, June 6, 2022 at 12:30pm in Room 101. The 1st place team, man and woman's high average, individual high game and most improved bowler will be recognized and awarded.

Thank you to all participants of this spring league session.

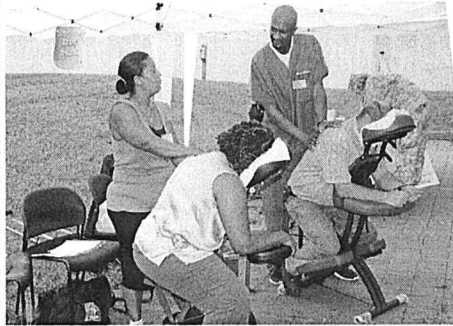
PROGRAM-ACTIVITY REMINDERS

THERABAND WORKOUT



MONDAYS

Time: 10:30-11:00a.m.



MASSAGES WITH DARLENE

Date: Tuesdays

Time: 12:30p.m.-2:00p.m.

Cost: \$5.00 for 10 minutes

Appointments necessary.

Call Carolyn at 216--475-3244

MOVIE DAY

Thursdays June 2, 9, 30

At 12:00pm

Popcorn and beverage provided.



Support our senior activities.

Various snacks and beverages are available to purchase daily.

**\$1.00
AND
UNDER**



BINGO

Tuesdays

June 7, 14, 28

at 12:30

in the dining room.



PODIATRIST VISIT

Dr. Diamond will visit this facility on

June 9, 2022.

Appointments are being scheduled now.

Call or see Ketia to schedule.

Line Dance



Instructed by Darlene Brashers who is also a licensed Physical Therapist who can tailor dance routines to accommodate most physical movement challenges.

Come join this energizing, fulfilling, friendly group for an upbeat workout. There's room for all!!!

Tuesdays
10:30am - 11:15am
Cost \$3.00

Cardio Drumming



Our workouts have begun! Come strengthen your heart by moving your upper body, twisting and turning your torso and enjoying a good, comfortable workout using drumsticks and exercise balls.

Sit or stand as you determine your level of comfort and endurance.

Space is limited so come early.

Thursdays
10:00am-10:45am

LOOKING FOR INTERESTED CARD PLAYERS TO JOIN OUR CENTER.

CALL 216-475-3244 TO EXPRESS YOUR INTEREST AND WHICH GAMES YOU ARE INTERESTED IN PLAYING.

ONCE 4 PLAYERS EXPRESS INTEREST IN A GAME I WILL CALL YOU WITH DAYS AND TIMES TO PLAY OPTIONS.











BRIDGE
BID WHIST

POKER
SPADES

PINOCHLE
HEARTS

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>6 MAKE RES/NEXT WEEK</p> <p>9:00am Morning Donuts \$1 10:30am Theraband Exercise 11:30am Lunch 12:30-2:00pm Wii Bowling Banquet</p>	 <p>7 MAKE RES/NEXT WEEK</p> <p>10:30-11:15am Line Dancing 11:30am Lunch 12:30-2:00pm Massage w/Darlene 12:30pm BINGO w/The Heights 1:00-2:00pm \$2 Spaghetti Dinner</p>	<p>1</p> <p>9:00am Donut Wednesday \$1 9:30am Trivia Challenge 10:00-10:45am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke</p>	<p>2</p> <p>9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:00pm Movie 12:30 Chair Volleyball</p>	 <p>Shopping@Giant Eagle 10:00-11:30am</p>
<p>13 MAKE RES/NEXT WEEK</p> <p>9:00am Morning Donut \$1 10:30am Theraband Exercise 11:30am Lunch 12:00-2:00 pm</p>	<p>14 MAKE RES/NEXT WEEK</p> <p>10:00am Site Council Mtg Rm 118 10:30-11:15am Line Dancing 11:30am Lunch 12:30-2:00pm Massage w/Darlene 12:30pm BINGO w/Marymount Pic 12:30pm Flag Day Hot Dog Cook-out</p>	<p>15 FOOD PANTRY@ 1:00 – 2:00PM</p> <p>9:00am Donut Wednesday \$1 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobic 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics</p>	<p>16</p> <p>9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:30pm Father's Day presentation</p> 	 <p>Shopping@Mars 10:00-11:30am</p>
<p>20 MAKE RES/NEXT WEEK</p> <p>21 MAKE RES/NEXT WEEK</p> <p>10:30-11:15am Line Dancing 11:00am-2:00pm Thistleown Racino 11:30am Lunch 12:30-2:00pm Massage w/Darlene</p>	<p>22</p> <p>9:00am Donut Wednesday \$1 Wii Bowling League begins 9:40-10:00am Post Office on Wheels 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics</p>	<p>23</p> <p>9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:30pm</p>  <p>w/Oak Street Health</p>	<p>29</p> <p>9:00am Donut Wednesday \$1 Wii Bowling League 9:30am Trivia Challenge 10:00-11:00am Senior Chair Aerobics 11:30am Lunch 12:30-1:30 Karaoke 12:45 Water Aerobics</p>	 <p>Shopping@Daves 10:00-11:30am</p>
<p>27 MAKE RES/NEXT WEEK</p> <p>9:00am Muffins Monday \$1 Wii Bowling League 10-10:30am Theraband Exercise 11:30am Lunch 12:30pm Movie</p> <p>CLOSED</p> <p>JUNETEENTH</p> 	<p>28 MAKE RES/NEXT WEEK</p> <p>10:30-11:15am Line Dancing 11:30- Lunch 12:30-2:00pm Massage w/Darlene 12:30pm BINGO w/Dedicated Seniors</p>	<p>30</p> <p>9:30am Spiritual Singing 10-10:45am Cardio Drumming 11:30am Lunch 12:00pm Movie 12:30 Chair Volleyball</p>	<p>30</p>	

Office Open
Mon-Fri
8:30am-4:30pm

Senior Center
Hours
Mon-Thurs
9:00am-2:00pm

Reservations
216-475-3244

JUNE 2022 WRAAA MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menu Approved By: <i>Ann Stahlheber MS, RDN, EB</i></p>	<p>*=Take Temperature of Milk and all food proceeded by an asterisk</p>	<p>1 *Chicken and Gravy 3 oz W.G. Biscuit, 2oz *Brussels Sprouts ½ c *Green Peas ½ c Mandarin Oranges ½ c Cereal Bar, 1 oz</p>	<p>2 *Beef Meatloaf 3 oz *Gravy 2 oz *Mashed Potatoes ½ c *Creamed Spinach ½ c 2 Whole Grain Wheat Sliced Peaches ½ c</p>	<p>Reservations for lunch are made the Monday or Tuesday prior to the week being served. If you cannot make your reservation in person, you <u>MUST</u> call Laketa on Monday or Tuesday at 216-475-3244 to state your choices. Failure to do so will result in your being served on a first come, first served basis and dependent on additional lunch availability.</p>
<p>6 *Breaded Fish 4oz Tartar Sauce 1PC *Brown Rice ½ c *Zucchini ½ c Carrots ½ c 1 Whole Grain Wheat Pineapple tidbits, ½ c</p>	<p>7 *Stuffed Cabbage 6 oz *w/Sauce 2 oz *Mashed Potatoes ½ c *California Blend ½ c Whole Grain Dinner Roll 2 oz Applesauce ½ c</p>	<p>8 Rueben with 2 oz *Turkey, 1 oz *Swiss Cheese, 1 oz Sauerkraut ½ c Thousand Island Dressing 1 PC *Cucumber Salad ½ c 2 Whole Grain Rye Peaches ½ c</p>	<p>9 *Chicken Cacciatore 3 oz *W.G. Spaghetti ½ c *w/ Sauce 2 oz California Blend ½ c Mushrooms ½ c Dinner Roll, 1 oz Orange</p>	
<p>13 *Hamburger 3oz 2 Mustard & Ketchup 1 PC ea. Baked Beans ½ c Seasoned Potato Wedges ½ c W.G. Hamburger Bun, 2 oz Pears ½ c</p>	<p>14 *Stuffed Peppers 6 oz w/Tomato Sauce 2 oz *Mashed Potatoes ½ c *Green Peas ½ c 2 Whole Grain Wheat Applesauce ½ c</p>	<p>15 *Roasted Turkey Breast 3 oz *Stuffing ½ c *Gravy 2 oz Mashed Potatoes ½ c Green Beans ½ c 1 Whole Grain White Cranberry Juice 4 oz</p>	<p>16 *Chicken Patty 3 oz Mayo 1 PC *Broccoli ½ c *Red Cabbage ½ c Whole Grain Bun Pears ½ c</p>	
<p>20 Juneleenth Site Closed</p>	<p>21 *Roasted Pork Loim 3 oz *Sweet Potatoes ½ c *Mixed Vegetables ½ c 2 Whole Grain Rye Apple Juice 4 oz</p>	<p>22 *Meatballs 3-1 oz *W.G. Spaghetti ½ c w/ Sauce 2 oz Antigua Blend 1 c Garlic Bread, 1 oz Peaches ½ c</p>	<p>23 *Chicken Cordon Bleu 6 oz *Mashed Potatoes ½ c w gravy *Carrot Coins ½ c Whole Grain Dinner Roll, 2 oz Tropical Fruit ½ c</p>	
<p>27 *Beef Lasagna 6 oz *Antiqua Blend ½ c *Lima Beans ½ c Whole Grain Garlic Toast 2 oz Oatmeal Cookie, 1 oz Mandarin Oranges ½ c</p>	<p>28 *Chicken Alfredo 3 oz *Sauce 2 oz/*Noodles ½ c Broccoli ½ c Capri Blend ½ c 1 Whole Grain Wheat Diced Pears, ½ c</p>	<p>29 *BBQ Chicken Breast 3 oz *Macaroni and Cheese ½ c *Baked Beans ½ c *Sautéed Swiss Chard ½ c W.G. Corn Muffin, 1 oz Mixed Fruit ½ c</p>	<p>30 *Salisbury Steak 3 oz *Gravy 2 oz *Mashed Potatoes ½ c Mixed Vegetables ½ c 2 Whole Wheat Bread Grape Juice 4 oz</p>	<p>Choice of 1% Milk or Buttermilk</p>

Western Reserve Area Agency on Aging - 2022

Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef

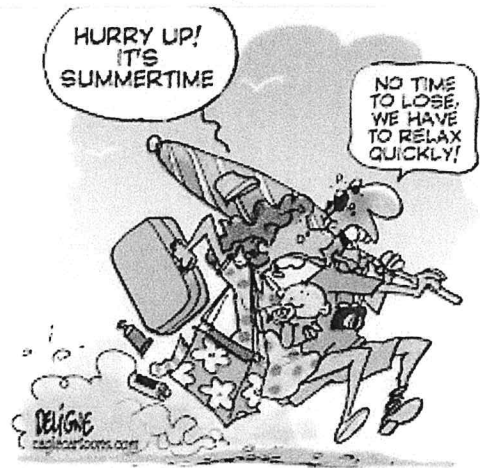
ALT CS = Chicken Salad with Croissant, ALT CBG = Spring Lettuce Salad w/Chicken Breast



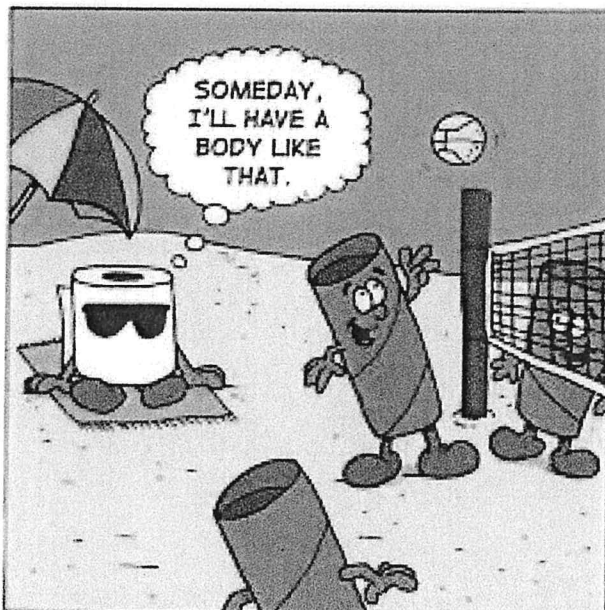
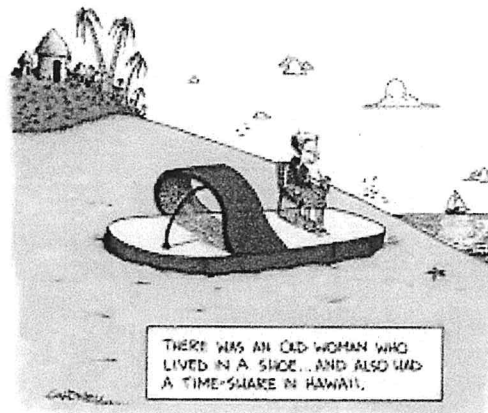
Senior Funnies



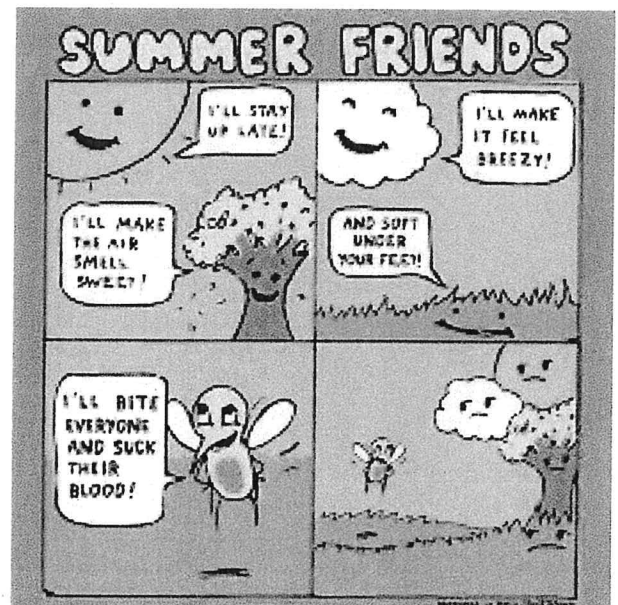
"And now I just step back and let the grilling process destroy any nutritional value it might have had."



dreamstime.com



You should be on FUNSUBSTANCE.COM



SUMMER FUN

Word Search Puzzle



W A T E R P A R K V A C A T I O N
F R I E N D S W S T Z G H N A I G
T S A Z Q P A B Q C N P N M D C S
E W O N C H I I Y I A S U R X E N
B I C Y C L E C P C R Y O Z M C F
O M P W I Z J M N E F J A A P R R
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R L W N F E K N B A S E B A L L X
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK